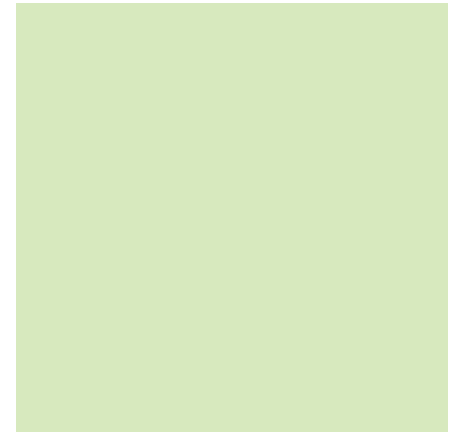
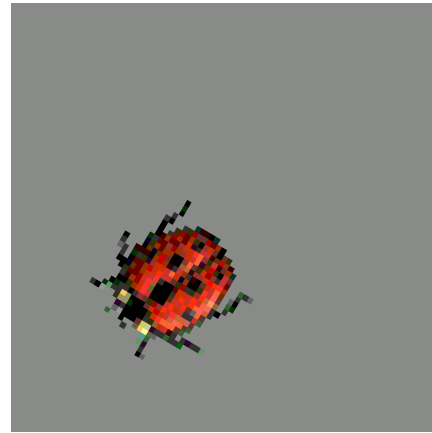


FARMERS GROW MYPLATE



Interactive lessons on
MyPlate Food Groups

Experiences for K-4th grade youth



Do your youth know where their food comes from?



FARMERS GROW MYPLATE

Curriculum activities include:

- cooking and food tasting
- games
- videos on food production
- experiments
- arts and crafts
- healthy eating lessons
- field trips



Free print copies of SD Team Nutrition curriculum

Plus a toolkit of supplies



Apply for \$600 mini-grants from SD Team Nutrition

- Online forms at <http://doe.sd.gov/cans/teamnutrition.aspx>
- Implement from February 1 to August 30, 2016

--purchase field trip
transportation
--purchase food
--reimburse some
staff prep time



Option 1

Summer Day camps

4-5 hours daily for 5 days or
one or two days per week for 5 days

4-5 hours

4-5 hours

4-5 hours

4-5 hours

4-5 hours

Example:

Mon—dairy

Tues—grain

Wed—fruit

Thu—veggies

Fri--protein

Option 2

Once a day for 5 weeks

1 hour daily for one week
each food group

1 hour	1 hour	1 hour	1 hour	1 hour
1 hour	1 hour	1 hour	1 hour	1 hour
1 hour	1 hour	1 hour	1 hour	1 hour
1 hour	1 hour	1 hour	1 hour	1 hour
1 hour	1 hour	1 hour	1 hour	1 hour

M---one portion of lesson

T— second portion of lesson

W—third portion of lesson

Th---fourth portion of lesson

F— fifth portion of lesson

Etc.

Option 3

Once a week for 5 months

1 hour on one day for 4-5 weeks
each food group

Month 1

Month 2

Month 3

Month 4

Month 5

Week 1—Mon—nutrition/cooking lesson

Week 2—Mon—physical activity lesson

Week 3—Mon—arts and crafts lesson

Week 4—Mon—field trip

Sample Activities


2015

Farmers Grow MyPlate

South Dakota State University

Team Nutrition Student Curriculum

MyPlate Protein Group



Lesson Objectives:


1. Describe how animals are raised to produce meat for human consumption.
2. Recognize ways to include non-animal proteins in healthy meals.
3. Using food safety practices prepare and sample a healthy protein-based snack.

Key Messages:

- Lean meat, dry beans/peas and eggs are sources of protein. Lean meats include beef, pork, lamb, poultry, fish, shellfish, buffalo, and wild game. Other proteins include dry beans and peas, eggs, nuts, and seeds.
- Consume protein as a building block for bones, muscles, blood, skin, enzymes, vitamins, and hormones.
- Protein is the smallest portion of the MyPlate diagram. Students should consume five ounces of lean protein per day. Three ounces of protein is the size of a deck of cards.

Essential Questions:

- How are meat animals raised in SD?
- Where are local protein-foods sold?
- What healthy protein-based foods do you usually consume?



Inside this lesson:

<p>Nutrition</p> <p><i>You Are What You Eat</i></p> <p><i>Sometimes Foods & Switcheroos</i></p> <p><i>Protein Foods</i></p>	<p>3</p>
<p>Food Preparation</p> <p><i>MyPlate Mini-Pizza</i></p>	<p>15</p>
<p>Production</p> <p><i>It Starts with Soil</i></p> <p><i>Veterinarians On Call</i></p> <p><i>Farm Alphabet</i></p> <p><i>Protein Production</i></p>	<p>19</p>
<p>Physical Activities</p> <p><i>Pig Herding</i></p> <p><i>Chicken House</i></p>	<p>28</p>
<p>Art and Crafts</p> <p><i>Animals of the Farm</i></p>	<p>29</p>
<p>Wrap Up</p>	<p>30</p>

Planning chart

Implement- ation guide

Lesson	Equipment/Supplies	Duty	Person
Nutrition	<p>You Are What You Eat: "Build Your Body Protein " poster, "Protein Foods" cards, "Combination Foods" cards</p> <p>Sometimes Foods and Switcheroo: "Sometimes Choices and Add the Switcheroo Choices" cards, "Switcheroo" cards</p>		
Food Preparation	Protein Foods: whole grain English muffins, pizza sauce, cooked meat (beef, ham, and chicken), canned beans, chopped vegetables , Mozzarella cheese, olives or pineapple (optional), microwave oven		
Production	<p>It Starts with Soil: "Where do pizza ingredients come from?" worksheet</p> <p>"How is it Raised?" poster</p> <p>Farm Alphabet: "Farm Alphabet" worksheet</p> <p>Protein Production: "SD Ranks in Ag" posters</p>		
Physical Activity	<p>Pig Herding: balloons, Flyswater, cones/boxes</p> <p>Chicken House: music</p>		
Arts & Crafts	Animals of the Farm: "Animal Picture Drawing Template", white paper, markers/crayons		
Review & Wrap-Up	Memory Game Cards		

Laminated colorful visuals

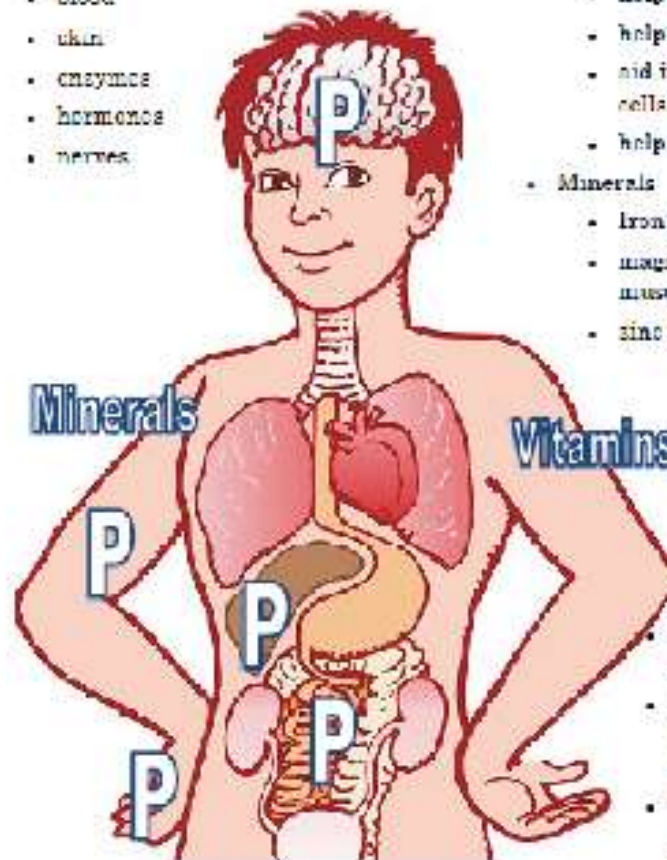
Build Your Body with Protein

Protein...see where it goes:

- bones
- muscles
- blood
- skin
- enzymes
- hormones
- nerves

Vitamins and minerals come along with protein foods.

- B vitamins
 - help the body use energy
 - help the nervous system
 - aid in forming red blood cells
 - help to build tissue
- Minerals
 - iron in the blood
 - magnesium in bones and muscles
 - zinc in the immune system



- Beans and peas have dietary fiber.
- All have a variety of saturated and unsaturated fats
- Fish, nuts, seeds and peanut butter provide vitamin E.

SOMETIMES CHOICES

Pepperoni pizza, 1 slice, 380 calories



Pan-fried pork chop, 193 calories



Fish Sandwich,
530 calories

by Yuicki Sakuraba, Creative Commons,
<https://www.flickr.com/photos/skrb/>

ADD SWITCHEROO CHOICES



Hands on activities

SWITCHEROOS: Cut apart the cards and distribute to students.



Single hamburger on whole wheat
260



Grilled chicken breast 220



Beef hot dog 290



Grilled beef rib eye 170



Turkey breast without skin 170

Picture recipes



1. Measure 1 Tablespoon pizza sauce and spread onto half an English muffin.



2. Add 1 Tablespoon of cubed meat or beans of your choice.



3. Top with 1 Tablespoon chopped vegetables. Add 1 Tablespoon shredded low-fat cheese.



4. Microwave pizza for 45 seconds or until cheese is melted.



Videos and field trips

HOW IS IT RAISED?



Suggested answers:

Eggs are incubated (heated) and then hatched in a nursery.

Poults are shipped to a farm where they grow in a shelter.

When they reach their full size they are harvested at a packing plant.



Suggested answers:

Baby calves are fed by their mothers until they are ready to wean and are eating grass and grain.

They may stay on pasture or be grouped in large pens and fed dry feed.

They will grow to their desired weight in a feedlot or sometimes remain in a pasture. When they reach their full size they will be harvested at a packing plant.



Suggested answers:

Piglets are birthed in a farrowing house in a small pen with heated floors or overhead heater.

Piglets are moved to a growing house after they are weaned. They divide their area into a feeding area, a sleeping area, and a bathroom area.

Pigs are kept cool or warm as needed and fed a ration of grain that helps them to grow quickly.

When they reach their full size they are harvested at a packing plant.



Suggested answers:

Eggs are incubated (heated) and then hatched in a nursery.

Poults are shipped to a farm where they grow in a shelter.

When they reach their full size they are moved to cages in a laying house where they are provided with feed and water.

They lay about one egg per day which is collected in a tray below their cage.

Physical activities

Physical Activities

Pig Herding

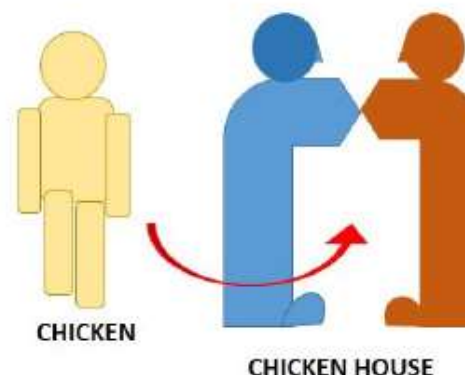


When a farmer needs to move his hogs from place to place he uses a small board or paddle to encourage them to move in a certain direction. The pig will move away from the board which is blocking their way or the paddle that is tapping them on the side.

We will have an obstacle course for you to chase your pig (balloon) with your paddle (flyswatter). Set up cones, boxes, or chairs around the room to create a track around which the students will move their balloon pig.

Chicken House

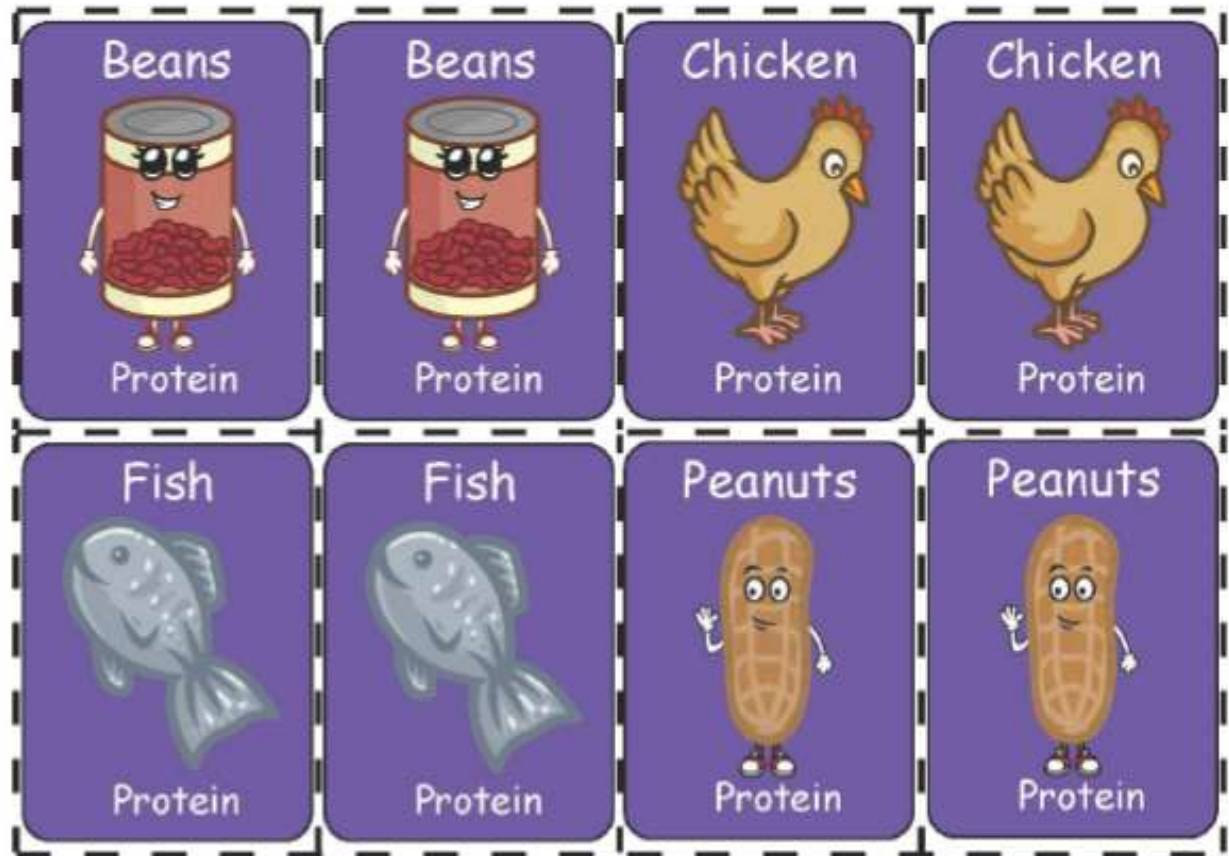
1. Create teams of 3 students each. Two students face each other and hold hands with arms at shoulder level to make a "hen house".
2. The third student is their "hen" whom they protect. They allow him or her to enter the space between them by raising their arms and lowering arms back down around the hen.
3. There is one extra "hen" without a house.
4. Upon the leader's signal, the hen must leave his or her house and move to another one. The hen without a house tries to get to an empty house before another hen gets there. Walk in small spaces; jog in larger spaces. Use music to signal start and stop if desired.
5. The hen without a house waits for the leader to call for a switch and tries to get a new house.



Review

- game
- memory
- password
- go fish
- flashcards

Learning The Food Groups Memory Card Game - Protein Group



Visit www.ChefGoliath.com for Free online nutrition games, healthy interactive tools, food group worksheets and activities, recipes and tips!

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Steps to FGMP

- Download application:
<http://doe.sd.gov/cans/teamnutrition.aspx>
- Complete and email to Karlys Wells
- Approval arrives, contract is signed and returned
- Plan implementation, contact Karlys with any questions
- Pre-test of participating youth
- Action, invite Karlys to see an activity, keep receipts
- Post-test of participating youth
- Submit receipts for reimbursement, send pictures
- Receive reimbursement, keep the kit



Thank you!!!!



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